

Table 1 - Demographics and clinical characteristics of study population.

	Total IBD [n = 93]	Crohn's disease [n = 59]	Ulcerative colitis [n = 30]	IBDU [n = 4]
Age at inclusion, y, median [range]	47.5 [19.5, 78.5]	48.0 [19.5, 78.4]	47.2 [21.0, 78.5]	42.3 [28.0, 65.3]
Gender				
Male, n [%]	38 [41]	22 [37]	14 [47]	2 [50]
Female, n [%]	55 [59]	37 [63]	16 [53]	2 [50]
BMI, kg/m ² , median [range]	25.5 [19.2, 44.1]	25.7 [19.2, 44.1]	25.3 [19.4, 37.0]	24.5 [22.9, 30.0]
Remission duration, median [range]		55 [39, 66]	46 [36, 74]	63 [26, 96]
Disease activity index score				
HBI, median [range]	1.18 [0-4]	1.18 [0-4]		
P mayo, median [range]	0 [0-1]		0 [0-1]	1 [0-1]
Crohn's disease – Montreal classification				
Age, n [%]				
<16 [A1]	7 [8]	7 [12]		
17-40 [A2]	27 [29]	27 [46]		
>40 [A3]	25 [27]	25 [42]		
Disease location, n [%]				
Ileal [L1]	17 [18]	17 [29]		
Colonic [L2]	26 [28]	26 [44]		
Ileocolonic [L3]	16 [17]	16 [27]		
Disease behaviour, n [%]				
Non-stenosing, non- penetrating [B1]	44 [47]	44 [75]		
Stenosing [B2]	11 [12]	11 [19]		

Penetrating [B3]	4 [4]	4 [7]		
Perianal [p]	7	7		
Ulcerative colitis - Montreal classification, n [%]				
Proctitis [E1]				
5 [5]		5 [17]		
Left sided colitis [E2]				
16 [17]		14 [47]		2 [50]
Pancolitis [E3]				
13 [14]		11 [37]		2 [50]
IBD therapies, n				
No therapy	9	7	1	1
5ASA alone	35	16	18	1
Thiopurine alone	20	18	2	
5ASA + thiopurine	7	1	5	1
Biological [infliximab; vedolizumab; adalimumab; ustekinumab; golimumab]	9 [4;2;1;1;1]	6	2	1
Mesalazine + Biological [infliximab; adalimumab; vedolizumab]	5 [2;2;1]	3	2	
Thiopurine + Biological (infliximab; adalimumab)	3 (2;1)	3		
5ASA + budesonide	2	2		
5ASA + azathioprine + infliximab	1	1		
Methotrexate	1	1		
Methotrexate + adalimumab	1	1		

n = number of patients; y = years; HBI = Harvey Bradshaw Index